

ACCESSING YOUR BENEFITS ONLINE

Our benefits carriers offer information regarding claims, networks, health tips and other information online. Here's a brief look at what you can find at each of their websites:

CIGNA – www.mycigna.com

- ? Manage and track claims
- ? Request new ID cards or print a temporary card
- ? Find doctors or facilities
- ? Find information on the "Healthy Rewards" Discount Program
- ? Tips on healthy living and more!

Express Scripts/Medco – www.express-scripts.com

- ? Refill prescriptions online and set up prescription refill reminders
- ? Print a temporary ID card
- ? Find pharmacies
- ? See how you can save money on prescriptions and more!

Delta Dental – www.deltadentalnj.com

- ? Manage and track claims
- ? Print a temporary ID card
- ? Find dentists
- ? Tips on oral health and more!

This is just a snippet of services available on these websites. For more information, please visit mycigna.com, express-scripts.com and deltadentalnj.com directly!